Thursday July 28, 2005

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newsroom: 257-1915

THE KENTUCKY

Celebrating 33 years of independence

Christian Slater before 'True Romance,' and Winona Ryder before her five-fingered discount days. See Movies You Missed.

Page 3

On Your Mark



SCOTT LOUTINER | STATE
Malick Robinson, 13, of the Dunbar Blazin' Bearcats Track Club, gets set for the first leg of the
4x100 on Sunday afternoon during the Bluegrass State Games.



Off the starting line for the first leg of 4x100, Sunday afternoon at the Bluegrass State Games. The Bluegrass e designed for amateur athletes of all ages and skill levels.

Star of 'Seabiscuit' at Kentucky Horse Park

A movie star is taking a cation in Lexington this

A movie star is taking a vacation in Lexington this summer.

One of the Thoroughbreds used to portray the legendary racehorse in last year's blockbuster film star of the legendary racehorse in last year's blockbuster film of the legendary the legendary the legendary the legendary legendary between the legendary leg

structed the jockey to let the horse "run 'till he stops."

They went running through the fields and over a stone bridge at Xalapa, a Kentuck Horse at Xalapa, a Kentuck Horse Library is not to be palled to be a thoroughbred rescue organization called the Exceller Fund, an organization that works to help save atrisk Thoroughbreds.

The Kentucky Horse Park had its own Seabiscuit star named "I Two Step Too", but the horse was humanely destroyed earlier this year after a battle with

a rare type of tumor.

"While we still grieve the loss of 'I Two Step Too', we are grateful to the Exceller Fund for generously allowing 'Rich in Dallas' to spend the summer with us,' John Nicholson, executive director of the Kentucky Horse Park said in a earlier press release.

"Literally thousands of park visitors will get to meet and touch a real movie star."

E-mail news@kykernel.com



When: The Park is open 7 days a week from 9 a.m. to 5 p.m. Visit "Rich in Dallas" at 11 a.m. and 2 p.m. during the Parade of Breeds

How Much: Tickets to the Park cost \$14 for adults, \$7 for childr 7-12, and children under 6 free.



Jenna Fox, rider in the Parade of Breeds, gives Rich in Dallas a pat on the head before taking him in to the stables from the hot sun.

Study says echinacea useless against colds

By Karen Kaplan

Low Marine Marine

Echinacea, the popular herbal remedy for fighting the common cold, does not ward off runny noses, sore throats or headaches, nor does it help speed recovery from cold symptoms, according to the results of a broad clinical trial to be reported Thursday in the New England Journal of Medicine.

Taken with other recent studies that showed no benefit from echinacea, the new findings shift the burden of proof to proportion that the plant has medicinal value, researchers said.

"We find no evidence that it actually does anything to common cold symptoms," said Dr. Ronald B. Turner, a professor of pediatrics at the University of Virginia School of Medicine and the study's lead author. "If that's the reason you're buying it, then you're wasting your money." Echinacea enthusiasts said they do not think the results of the study merit such a Charcut conclusion. They noted that root portion of one version of the plant and said the dosage given was too low to register any positive effect.

"This is a good contribution to the clinical literature, but it's not the definitive study on echinacea," said Mark Blumenthal, executive director of the American Botanical Council, a nonprofit group backed by herbal supplement makers whose logo includes a purple echinacea flower." I just wish it had been a bigger study with bigger dosages, "the same plant family as sunflowers and daisies, was used for hundreds of years by more than a dozen American Indian tribes to treat

akebites, toothaches, coughs and other

ailments.
Western doctors began recommending it in the 19th century; It became popular in the United States in the 1980s as consumers embraced herbal alternatives to traditional medicine. No less an authority than the World Health Organization recognized echinacea as a treatment for colds in

traditional measure. As less an authors, than the World Health Organization recognized echinacea as a treatment for colds in Medical Parameters of the five best-selling herbs in the country, according to the Nutrition Business Journal, an industry publication based in San', Diego. It comes in capsules, tablets, tonics, powders, locanges, tea bags and even gummy vitamins for children. But spending has been declining steadily since 2001 as some users become disillusioned with the product, said editor Grant Ferrier, including echinacea, there's not a tangible feet, "Ferrier said." It's not like taking a pill for a headache. A lot of it goes on faith "Widespread consumer faith in echinacea prompted the National Center for Complementary and Alternative Medicine, a branch of the National Institutes of Health, to fund the two-year study. The goal was to pinpoint exactly how the herb attacks colds, said Dr. Stephen Straus, the Complementary and Alternative Medicine, a branch of the National Institutes of Health, to fund the two-year study. The goal was to pinpoint exactly how the herb attacks colds, said Dr. Stephen Straus, the Complementary and Alternative Medicine, a branch of the National Institutes of Health, to fund the two-year study the served no such role.

"I would wish nothing more than for the chinacea study to be positive, but good science speaks for itself." Strauss said.

Turner and his colleagues tested three homemade preparations of echinacea, each designed to track the effect of a spe-

See ECHINACEA on page 2

Camps give children and counselors chance to learn from each other

Imagine a summer camp where each game, field trip, sport or craft is tailored to meet each campers needs. The Lexington-Fayette Urban County Government division of Parks and Recreation puts on two therapeutic recreation fun camps that do just that.

that.
From June 13 to July 22,
therapeutic recreation fun
camps were held at Castlewood and Woodland Parks.
Campers age 5-12 attended
Castlewood camble older
campers age 13-21 attended
Woodland.
These TR Fun Camps are

Woodland.

These TR Fun Camps are designed for all youth and children with disabilities. At first glance, it is hard to tell who is a camper and who is a counselor. At these camps,

it's all about having fun-both campers and counselors can attest to that.

Director of the Woodland camp, Caroline Beck, has been involved with the TR Fun Camps for six years.

Beck said campers aren't used to having teachers and counselors who are as patient as the TR Fun Camp counselors are.

"It's cool because, at the beginning of the summer, a lot of the kids will be really introverted and not talk or play much. The goal is to get everyone involved." Beck said, average day at camp involves and average day at camp involves and average day at camp involves are "morning circle," Beck said, which is when everyone at camp gets to interact together through games or songs. After morning circle, campers split off into groups with a 3-1

camper to counselor ratio.

"At camps with typically developing children there is about a 12-1 ratio so a lot of parents are really excited about the attention their child gets at camp." Beck said.

Each day campers participate in four activities that are planned by their counselors. Campers also get in a talent show and minitolympics, Beck said.

"The camp teaches to do something without the primarry caregiver is very important," and may be a come in made with their desomething without the primarry caregiver is very important," said Meg Steinman, parent of a camper and treasurer of the Downs Syndrome Association of Central Kentucky, Steinmans and that the camp also offers an opportunity for parents to

summer. Godbey said. The specialized attention helps the campers to feel less segregated than they may feel at school or other functions. This helps the campers' behavior improve, Godbey said. "It warms your heart to see that." Steinman said that her daughter, Julia, loves camp at Woodland Park. However, budget cuts have impacted social services, Steinman said. Directors at the TR Fun camps have been paid less in the past than counselors at camps for typically developing. That not fair," Steinman said. Steinman would like to see more of a partnership with other agencies so that the children at the TR Fun Camps can have more opportunities. Despite the need for

improvements. Steinman said their family is very satisfied with Julia's cump experience. The resonating theme with those involved in the Therapeutic Recreation Fun Camps is the importance of socialization. For Steinman camp offers her daughter experiences that she might not get elsewhere.

Beck feels that it is important that the children are not punished for a disability that is out of their control.

"My more tells me that it is working with these kids, working with these kids, working with these kids, with the control of their considerity and the considerit

Echinacea

cific extract of the herb. All of the versions were derived from the root of an Echinacea angustifolia plant and contained the equivalent of 300 milligrams of echinacea per dose.

The researchers recruited 437 healthy volunteers and gave them a cold by squeezing droplets of the virus into their noses. Some of the volunteers took echinacea three times a day for one week before being infected. Others starred taking it the day they were infected, and one group received a placebo throughout the experiment.

Once infected, the volunteers were sequestered for five days in hotel rooms, where their symptoms were carefully monitored.

Among other things, the volunteers

of antibodies.
Volunteers were also asked to keep their used tissues and return them to the researchers, who weighed them to determine whether patients taking echinacea produced less mucus than those on the placebo.

At the end of the study, the researchers could not discern any difference between patients who took any form of echinacea and those who took the placebo.

form of echinacea and those who took the placebo.
"None of the preparations we used had any effect on either the rate of in-fection or the severity of illness," Turn-er said.
Echinacea advocates insisted the study would have shown an effect if the dosage had been higher.
"We do a minimum of 900 mil-ligrams three times a day," said Dr. Mary Jo DiMilia, an assistant clinical

professor of medicine at Mount Sinai Hospital School of Medicine in New York, who describes herself as a satisfied echinacea user and recommends reduced the second of the second week. She acknowledged, however, that there are no clinical trials proving echinacea is effective at that dose.

Blumenthal, of the American Botanical Council, said the homemade compounds used in the study "do not correlate directly to any product consumers are using in the marketplace."

It would be inappropriate, he said, to assume the results of this study hold true for products made from different kinds of echinacea plants or that use the flowers and leaves instead of the root.

Turner said his team — which in-cluded some echinacea devotees — stayed away from off-the-shelf products because they couldn't know exactly what was in them. The echinacea dosages they used were recommended by a government panel in Germany.

HOT SPOTS

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KID SHOW-THE MOVIE (PG)

Redmon's





Rik De Voest of Russia (top), defeated Phillip Simmonds of Reston, Va.(bottom) 6-0, 6-7, 7-6 on Wednesday at the USTA Fifth Third Bank **Tennis** Championships, held at UK's

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New study gives clues to the wanderlust of cancer

Some cancers possess a potentially deadly wanderlust that causes them to spread from one organ to another, and now scientists in Manhattan have unmasked the genes that trigger breast cancers to invade the lungs, according to an analysis that will be released Thursday.

The finding is considered a landmark because it is proof that a specific genetic signature exists for each type of cancer and the organ to which spreads. Thursday's issue of the journal Nature, scientists at Memorial Sloan-Kettering Cancer Center say their finding helps unlock the long-kept secrets of metastasis, the reason cancers become dangerous.

"First and foremost, these find-

the reason cancers become uangerous.

"First and foremost, these findings are about the basic biology of
metastasis, and the example we used
to investigate it is the metastasis of
breast cancer to the lung," said Dr.
Goarva Gupta, one of two lead investigators who teased out the genetic
secrets in a study involving a special
breed of mice.

The immune-compromised animals were infused with human
breast cancer cells from a patient
who had widespread metastatic

breast cancer.

"Using the (mouse) model, we identified a set of genes that we were able to show mediates this process," he said of cancer straying to a specific site.

"Basically, the genes are largely composed of those that are involved in the communication of tumor cells with the environment they are trying to live in."

In short, there is what Gupta calls.

in the communication of tumor cells with the environment they are trying to live in."

In short, there is what Gupta calls "crosstalk" between the cancer and the waiting — and vulnerable — environment of the lung. Think of this devastating communication as a predator sweet-talking its prey into a deadly trap.

Dr. Bruce Zetter, chief scientific officer of Children's Hospital in Boston and one of the nation's leading experts on cancer metastasis, says the study opens a new window of understanding and adds credence of understanding and adds credence and soil." which postulated why cancers spread.

"This study is important because it demonstrates that there is a genetic signature that distinguishes metastatic breast cancer cells from nonmetastatic cells. This is something that has been proposed before, but this study shows it in an extremely thoughtful and careful man-

ner," said Zetter, who is also a professor at Harvard Medical School. He was not involved in the Sloan-Kettering research.

"They have found why a breast tu-

Hilary J. Boone Tennis Center.

"They have found why a breast tumor is not only metastatic, but why it
is particularly likely to metastasize
to the lungs as opposed to the bone or
other sites where breast cancer can
spread, "Zetter added.

"This is, in fact, an age-old question in cancer research. We always
knew that specific tumors went to
certain sites, but we didn't know
which genes dictated where they
went. So it was important to study
breast cancer because it doesn't go
breast cancer because it doesn't go
breast cancer because it doesn't go breast cancer because it doesn't go all over the body, but to specific

all over the body, but to specific sites."

Gupta, meanwhile, said knowing the genetic signature of breast cancer's invasive potential to the lungs provides a new target that can help clinicians identify patients whose cancers are likely to invade the lungs — and seed new tumors there.

He said the next step in the study is to better understand the nature of the crosstalk between the tumor and the environment to which it spreads. Knowing details on that process will help doctors treat patients whose cancers are predestined to stray.

The Kernel will return shortly. Until then, it will be on a beach, doing jello shots.





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Coldplay will perform at the Riverbend Music Center in Cincinnation Tuesday, Aug. 9 with Black Mountain Dahlia Murder, Arch Enemy, In Flames, and The Haunted Bogarts, Cincinnati Tickets cost \$20 6 p.m.

TONIGHT Kenny Loggins US Bank Arena, Cincinnati Jickets cost \$39.50 - \$59.50 8 p.m.

Brassknuckle Boays w/Flatfoot 56 I The Vulvatones The Dame Tickets cost \$5 9 p.m.

rRIDAY
DeNovo Dahl w/The Scourge of
the Sea and Emily Hagihara
The Dame
Tickets cost \$5
9 p.m.

SATURDAY Tim McGraw, Billy Dean, and Trick

Kentucky Speedway, Sparta Tickets cost \$40-\$75 4 p.m

Nate FX Presents a myspace.com meet up event
DJ Heather w/Spontu Scalem,
Tryptamine, Trevor Lamont, and The
Lady Foursquare
The Dame

Tickets cost \$5 8 p.m.

SUNDAY Bowling for Soup Madison Theatre, Covington Tickets cost \$14

7 p.m. MONDAY Bruce Springsteen US Bank Arena, Cincinnati ickets cost \$78-\$88 7:30 p.m.

Rob Zombie w/Mastadon Bogarts, Cincinnati Tickets cost \$30

8 p.m.

TUESDAY Common Bogarts, Cincinnati Tickets cost \$22

WEDNESDAY
3 Doors Down, Breaking Ben-jamin, Staind, and No Address Riverbend Music Center, Cincinnati Tickets cost \$24.25 to \$60

6:30 p.m.

Tickets cost \$5 9 p.m.

Hot Tuna Southgate House, Newport Tickets cost \$16 8 p.m.

THURSDAY Gwar w/Suplecs Headliners, Louisville Tickets cost \$15 7:45 p.m.

Killswitch Engage, As I lay Dying, and Soilwork

Jillians, Louisville Tickets cost \$17.50

Ricky Baldwin Benefit Metropolitan Blues Allstars w/ The Swells, The Yonders, Gypsy Jazz, The Blue Dawg, and Ed McClanahan The Dame

Tickets cost \$10 7 p.m.

FRIDAY Shadows Fall, The Black

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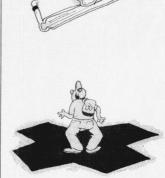
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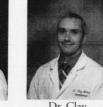
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MOVIES YOU MISSED | Go rent them

By Ifflany Stephens

The '80s: a time of leg-warmers, big hair, androgynous singers and the best damn teen movies ever!

In the spirit of The Breakfast Club and Fast Times at Ridgemont High, I've selected an off-ignored comedy featuring all the right elements for the best teen movie: snobby girls that rule the school, drama, geeks, love, the rebellious new kid, conformity and murder. Never saw a death-by-points of the state of the school of the s

que The Dame Tickets cost \$7

9 p.m.

MONDAY

WEDNESDAY Sexual Disaste Sexual Disaster Quartet
The Dame
Tickets cost \$5
8 p.m.

Matisyahu Bogarts, Cincinnati Tickets cost \$15 8 p.m.

TUESDAY Coldplay w/ Black Mountain Riverbend Music Center Tickets cost \$34.25 - \$70

COMPILED BY FEATURES CO-EDITOR RYAN EBELHAR

"Dear Diary" entries throughout the film), she also can't stand the idea of being a social reject, until she meets the elusive new kid in town, Jason Dean (Christian Slater, who else?).

Jason, who seems harmless enough at first, allows Veronica to open up and vent her frustrations about her "friends".

Latter in the plot, it becomes quite obvious that JD isn't quite right in the head. He becomes hell-bent on taking murder-ous revenge out against the Heathers for, well. simply being bitches.

He starts with the head honcho, Heather Chandwer. The heathers have been dead to be a subject of the starts with the starts with the head once hell-bent over the starts with the starts with the head honcho, Heather Chandwer. The starts with the head honcho result of the starts with the head honcho. Heathers with the remaining Heathers son try to cover their trails with a fake suicide note, which leads to turmoil and controversy in school.

The Heathers clan is shaken up without their leader, but the remaining Heathers see this as an opportunity to claim the top spot in the group.

With each death (yes, there is more than one). Veronica becomes more and more sickened by the behavior of the Heathers.

The Heathers appear to be emotionally untouched by the death of a friend. Instead, they see the "empty seat" as an opportunity to move up in the in-crowd.

The best Heather by far, is played by Shannen Doherty. She appears to be the underdog of the in-crowd, taking orders and criticisms from Heather Chandler, appearing to be weak and submissive. "hossons" into the perfect, evil nemesis for Veronica, 10 times worse than anything Heather Chandler could even dream of.

Shannen Doherty, the most evil and cruel person in a teen comedy? Who could've seen that coming?

visit www.kykernel.com

IN OUR OPINION

Reading service needed more notice before shutdown

For the past 15 years, the blind population of the region has depended on Central Kentucky Radio Eye as an outlet for daily news and current events.

But in less than three months, the radio reading service housed on UK's campus will be forced to cease operations if a new home is not found.

That's hearuse two weeks are a few to the control of the c

home is not found.

That's because two weeks ago, after a decade and a half of free rent and utilities from UK, the university told the non-profit organization it would be forced to take back the program's offices in M.I. King Library due to growth in UK's enrollment, research and academic programs.

While property on campus is becoming more and more important to the university due to the recent unprecedented growth, UK could have given more notice to this lintegral program, ensuring that Central

Kentucky Radio Eye could continue to serve news consumers of the region.
Founded by UK professor Al Crabb in 1990, the radio reading service has grown to provide about 1,500 visually impaired Central Kentuckians with daily stories from local publications such as the Lexington Herald-Leader and the Courier Journal, as well as national news and entertainment magazines.

The services this organization provides to locals with disabilities are essential to the continued education of all that receive them, and the cessation of the program would be devastating to the blind community of Central Kentucky.

But, if new office space is not found, the end of this program could be imminent.

That's where the university comes in.

That's where the university comes in.

After 15 years of giving Central Kentucky Radio Eye a place to grow and prosper, it's now up to UK to do the volunteers and recipients of the program one last favor: find it a permanent home. With an annual working budget of only \$35,000, there's no possible way the organization can continue to serve the community if it is forced to pay non-operation costs. "If we had to pay rent and utilities, we could not stay in business," the service's volunteer executive director Margaret Chase told the Herald-Leader last week. "The university has provided us with this wonderful support. I had no indication this was coming." Although UK could have told the read-

this was coming."

Although UK could have told the reading service further in advance of its impending eviction, university officials have vowed to do whatever they can to

assist Central Kentucky Radio Eye in its search for a new home.

Interim Provost Scott Smith acknowledged last week that UK had no timetable for the transition, but said the university will begin working "immediately" with the service to ensure all of its needs are met in the future.

"It was always our intent — and it remains our intent — to continue helping this important organization maintain its mission and service," Smith said.

Smith and other UK officials must follow up on this promise.

Smith and other UK Officials must rullow up on this promise.

Because for the last 15 years this has been more than just a simple service for so many people — it has been an outlet to the region and the world.

And that's something that cannot be replaced.

ONLINE POLL QUESTION

Do you plan to watch the confirmation hearings of U.S. Supreme Court nominee John G. Roberts Jr.?

VOTE ONLINE AT

ONLINE POLL RESULTS

Do you approve of President Bush's decision to nominate John G. Roberts Jr. to the U.S. Supreme Court?



69%, 52 votes



31%, 23 votes

Good journalists needed now more than ever



Meador

Years ago, when I'd think of journalism, I'd think of dogs.

This thinking was due to a prized relic
I have preserved from my high school era. The relic is a large, circular, faux-gold medal, and has the word JOURNALISM printed on it bold, black letters. It was awarded to my newspaper journalism class by our teacher, Mr. Lococo.

Isin class by our teacher,
Mr. Lococo.

"They were supposed
to be keychains," he told
us, muttering curses
through his thick, wooly

us, muttering curses through his thick, wooly beard.

Too unwieldy for use as a key chain, the class speculated better applications for the gigantic disc: paperweight, pendant, nipa throwing star, etc.

Yet I did not see a weapon of death, or the nucleus for a bizarre fashion statement. Instead, I saw this gaudy medal around the neck of a husky, an animal noble enough for such a noble profession (and also because a shi-tzu would easily collapse under the weight of this thing).

But lo these few years later, I'm beginning to think that journalism isn't even fift for dogs. Naming man's best friend after a profession that rewards hacks and liars, that routinely buckles under government pressure, that produces "talent" like Rush Limbaugh and Ann Coulter, would clearly be an insult to an animal that habitually eats its own feces.

Unless, of course, the animal in question is a purebred swine. Or a guster snake. Or perhaps, some mutant strain of Africand ung beetle that lacks functioning reproductive organs. That I could definitely get behind.

And in a time when all three branches of our government are in the hands of conservative Republicans (a likely Roberts confirmation pending), we rely more than ever on that venerable Fourth Estate — the free press — to keep an eye on things for us, to make sure that those

more than ever on that venerable Fourth Estate — the free press. To keep an eye on things for us, to make sure that those in power don't abuse it.

Yet when the media gives us minute-by-minute coverage of the Michael Jackson trial but takes a whole month to

even mention the Downing Street memory clearly, something is really, really wrong

clearly, something is really, really wrong here.

This is all journalism 101 stuff, I know, but that doesn't make it any less true. Our press is terminally ill, like an aging relative with Alzheimer's: eventually they forget how to take care of themselves, only in the press' case there is no one there to wipe the drool from their foaming, jabbering mouth.

Compounding the situation is the fact that media outlets are controlled by a forever-dwindling number of multi-national conglomerates, making it harder and harder for dissenting voices to be heard above the corporate cacophony. (God bless you, Rupert Murdoch)

And the Iraq war? More than likely an indirect result from a press so timid, so utterly spineless, that they wrote the president a blank post-9/1-check instead of doing their jobs. After all, asking hard questions is hard, so why should reporters bother to report?

With reporters held in such low public and political regard, it's no wonder that they are being sent to jail (Miller), the subject of public humiliation (Rather), and are otherwise laughingstocks for any given half of the country (Moore-Liddy, take your pick).

The problem with journalism, though, is not the corporations, the politicians, nor the viewing public that has made 'The O' Relly Factor '' on cable news, but rather the journalists themselves.

To quote Rolling Stone National Affairs contributor Matt Taibbi, 'fi journalists were doing their jobs right, we wouldn't need a blowhard [sic] like Michael Moore.'' And a world without Michael Moore would be a world without Sean Hamilty, where Left and Right vanish and... oh, what a wonderful world.

Trees of green, red roses too. And, maybe, a world where my husky can wear that hulking key chain with pride.

Until that day, when I think about to myself about journalism, I think I want to throw up. here.

This is all journalism 101 stuff, I

Jonathan Meador is a journalism junior. E-mail jmeador@kykernel.com

A memo to my earlier self

Stephen Burnett

EISTEIL COLUMNST

Weyl the days

This is an insane concept, but I've rarely attempted to avoid those before. And it's no more strange than the crazed MIT students of 2005 — held a "time traveler convention" in case someone from the future wanted to warp in to them with cures for cancer and cold fusion recipes.

cures for recipes.

Yet I do this in case someone from the future does develop time travel. In that event, this column can be transmitted four years back to the earlier version of me, in 2001, before I began

Thus I'll be able to teach mysbefore I enter that life stage, all things I know now.

First, concentrate on the journal-First, concentrate on the journal-ism. Yes, computer science may seem best back then, but you will find out early on that such a field is truly not your forte. Instead, you really can write about things that others assign. Contact local publications and ask if they want freelance stories or columns; do anything possible to learn and gain even more experience. It works. Take your writing serious-ly, because eventually others will. It's incredible.

Take the novel seriously also. It is Take the novel seriously also. It is not such an implausible concept. Do not give it up. At this point, at least one very important person has expressed definite interest. It can happen. And never be afraid to accept criticism, or even rewrite the whole manuscript if necessary.

Never stop listening to your parents. They'll always love you, even when you're acting especially flawed. Yes, they're wiser than you are. Don't forget that.

Yes, they're wiser than you are. Don't forget that.

Watch out for Pretenders. They'll act like sheep, but inwardly they're feroclous wolves. I would name them here, if not for the fear that one or more of them might make it big in politics and end up sitting on the Federal Chronological Topical Politics and end up sitting on the Federal Chronological Topical Politics and end up sitting on the Federal Chronological Topical Politics and end up sitting or the past. (And of course, naming them would make the initial publication problematic.)

Anticipate the Authentics. They are

mem would make the initial publication problematic.)

Anticipate the Authentics. They are
true friends given by God. Who knows
what you really need and will provide
them just in time! They! Il actually care
about you. They'll ghone, instant-message or e-mail, just to say hi. They'll
give you encouragement and constructive criticism. They'll give you something that was just what you needed
that day, without even knowing at first
how much you'd appreciate it. They'll
share perspectives you'd never thought
of before — and they'll reinforce your
convictions.

FROM: Stephen Burnett, as of 7.28.2005
TO: Stephen Burnett, as of 8.28.2005
Stephen Burnett, as of 8.28.2005
SUBJECT: Use 1.28.2001
This is an insanc concept, but I've rarely attempted to avoid those before.

Stephen Burnett

And it's no more strange than the careed MIT students who last May — May of 2005 — held a "time traveler convention" in case someone from the future wanted to warp in to them with cures for cancer and cold fusion recipines.

Now I consider the repercussions if

Now I consider the repercussions if I had actually received this message in

I had actually received this message in 2001.

Time would backfire on itself. Knowing all of my successes in advance, I would likely have not worked as hard. Knowing the things and people I should have avoided, I wouldn't have learned multiple lessons on discernment and Grace. And if I'd already known the friends I could trust. I would not have experienced the complete with the second of the second of the complete with the second of the sec mplete joy in getting to know them for the first time

for the first time.
What life enjoyment would one have
in being able to forecast everything?
Would this ability enhance the appeal
of opening a wrapped gift, listening to
new music or viewing a new movie?
Could predicting the success of a
friendship make it any more joyful to
meet someone new, swap stories, share
common interests and learn more
about another's life? Might it at all
increase one's own character to do
whatever possible to avoid failures and
only do whatever results in success?
Not at all.

Not at all.

Not at all.

Therefore I suppose it's fitting that only the Lord God knows what will happen next. Moreover, I think I've partially learned why He likes to keep us in suspense sometimes — because reality itself confirms that suspense is often thrilling. Not knowing what sahead in time. Not knowing what great things will happen next. Not knowing which way the thrill ride vehicle will plummet.

plummet.

School was thrilling enough, and often terrifying. Writing articles and columns was a blast. Meeting true and authentic friends was perhaps best of

I thank God for all of them.

And here at the end, although I would have done some things differently, I'm reminded that He's in control. In

ly, I'm reminded that He's in control. In His dramatic novel, I'm merely a supporting character who doesn't yet know what awaits in the next chapters. Currently I'm in a slower portion of the narrative, but that's all right. And although He's entrusted me with even more coauthor status recently. He's still the Master Author, and He knows the master plot.

And someday this story will be worth telling — as will the story of anyone who follows Him.

Stephen Burnett is a journalism graduate E-mail sburnett@kykernel.com

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\$340/mo. 509-zzzz.

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15 28R: QUIET Building. 266-0053.

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BR. 3350/up. 231-0989

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\$900/mo. + util. Call 321-3892.

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986-9607 or 859-986-9609. CAMPUS HOUSES FOR RENT: 542 Euclid, 58R, 28A, w/d, d/w, c/air. Nice front porch, on campus. \$1500/mo. — 422 Park Nav. 38R, 28A, front porch, on campus, d/w, c/air. \$900/mo. Call Steven for details. 621-3313.

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LARGE 48R. ZBA house. C/A, wld, fenced rear yard.
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4 BR apts 2 BA, W/D, CLOSE TO UK 1 and 3 BR apts. A/C, W/D \$515/\$875 1-888-254-3807. move in August

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days, 455-7404 eves. NICE 3 BR, 1 BA. Hardwood, fireplace, fenced, large garage. Pets ok. \$900/mo. 552-3071. ON CAMPUS LUXURY, 4BR, 2BA Apts. Fully furnished kitchen, w/d. C/vac. Private patios, security gates. \$1200/ms. 873-9775.

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SSOJImo. util. included. 253-2914.

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Campus. 269-2222.
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Holmes selected for Walker Cup

Former University of Kentucky All-American golfer John Holmes has been named to the 10-man Walker Cup squad that will represent the United States in a match against players from Great Britain and Ireland Aug 13-14 at the Chicago golf club in Wheaton. III.

The Walker Cup roster includes amateur players from throughout the country.

He joins the team after a senior season at UK in which

he led the school to its first ever Southeastern Conference golf championship. He also helped spur the team to a 7th place showing in the NCAA tournament, again, its post finish in school history. "It's a great big honor," Holmes said, "It's a great feeling, I worked so hard to get here and it all paid off." The Campbellsville native racked up the individual accolades this year. He was named an All-American and the SEC Golfer of the Year after finishing in the top ten in

eight out of 13 tournaments last season and placing 7th in the national tournament. "Representing your coun-try is the premier honor they can give an amateur golfer." UK Head Coach Brian Craig said. "I'm pretty ecstatic for him."

said. "I'm pretty ecstatic for him."

Craig said Holmes set his eyes on the Walker Cup after the last one was played, in 2003. Holmes did not make the 2003 team, but knew he could make this one.

"This is a goal we set two years ago," Craig said. "We pretty much said this is something [Holmes] needs to shoot for; it's a great, attainable goal that would be a great way to finish up his college career.

"It's a great tribute to what he's done over the past two years."

After the Walker Cup, Holmes will play in the US. Amateur and, depending on how he finishes there, will turn pro sometime before the PGA Tour's qualifying school in October.

The'll probably turn pro "if he doesn's win the Amateur to get some sponsor's exemptions into Tour events. But he won't have that much time in between turning pro and going to Q-school."

"The top two finishers in the Amateur get exemptions into the Masters." Holmes said. "I'd like to get on the tour on my first try, but all that's a long way ahead of min of tright now."

"I'm definitely excited about my driften ow."

"I'm definitely excited about my druffen. Holmes said.

The last three Walker Cup matches, in 1999, 2001 and 2003, have all been won by the squad from Great Britain and Ireland.

Email

E-mail sports@kykernel.com



SCOTT LOUTNER | STAR Former UK All-American John Holmes and the U.S. Walker Cup team will play a team from Great Britain and Ireland Aug. 11-13 in Wheaton, III.

It's that time of year again

Coach Rich Brooks and the UK football team will be wrapping up the summer vacation period and getting back to the gridiron when fall practice begins Friday, Aug. 5.

Before that, however, there is the SEC Media Days in Birmingham, Ala. July 27:29 and the annual Governor's Cup luncheon Aug. 4.

Fans' Day, a free chance

Aug. 4
Fans' Day, a free chance
to get autographs and meet
the 2005 Wildcats, will be
Aug. 13 at Commonwealth
Stadium starting at 11:00
a.m. Fans' Day will also
feature the only open practice of the fall season.

All of that leads up to Sept. 4, when the Cats take the field for their season opener against Louisville at 3: 30 p.m. at Commonwealth Stadium. The game will be televised on ESPN.

2005 UK Football Schedule

9/4 Louisville at he 3:30 ESPN

9/17 Indiana Bloomi 6:45 ESPN Classic

9/24 Florida home TBA 10/8 South Carolina Co-10/22 Ole Miss Oxford 10/29 Miss St. home TBA

11/5 Auburn home TBA 11/12 Vanderbitt Nashville 2 p.m.

11/19 Georgia Athens

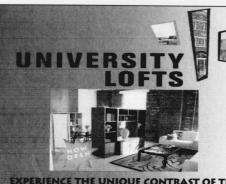


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